



# Macho Monday

## *Squadron Competition*

Stop and drop from 11am-11pm every Monday in July at J.R. Rockers! Our staff will log qualifying pushups to your squadron count. The squadron with the best top 5 contenders will receive a party Macho Nacho platter and bragging rights!

For complete rules and details,  
please call 884-6469

current as of 05 July 06

